



WELCOME TO THE I CAN PROGRAM

The I CAN School® group mentoring program is a place where you can be completely yourself. We run groups where people can express their thoughts and explore ideas. I CAN is not your typical group.

What makes an I CAN group special is that we celebrate the individual differences of every person in the group. Group members and mentors may be Autistic or have other differences which are embraced. At I CAN, you have the opportunity to participate on your own terms. If you like using fidget toys or sitting on the floor to feel more comfortable, this group is for you!

I CAN groups typically meet for one hour every week or every fortnight on the same day and time.

WHY IS IT HELPFUL TO CONNECT WITH OTHER PEERS & MENTORS?

If you have ever been told, “You’re not alone,” but find that hard to believe, we understand. Sometimes, seeing really is believing! At I CAN you’ll get to see other people who can relate to a lot of your experiences, interests and perhaps even share some of the same quirks!

WHAT TYPES OF ACTIVITIES WILL WE DO?

- Lots of activities and discussions around the interests we each have. Whatever your favourite thing in the world is, we want to hear all about it!
- Discussions about our lives, interests, talents and personal challenges and what we can do to make things easier on ourselves.
- Fun team challenges.
- Games, games and more games!

**“IT MAKES
ME A HAPPIER
PERSON”**

**- ANTHONY
I CAN HIGH SCHOOL
PARTICIPANT**

Participants can give the program another name, depending on their level of Autistic understanding, self-acceptance and pride. For instance, many students refer to the program as ‘a leadership program they were selected for’

WHAT POSITIVE THINGS ARE YOU LIKELY TO EXPERIENCE FROM BEING IN THE GROUP?



We wish we could tell you exactly what you will get out of this program, but every individual will have their own experience.

What the I CAN program DOES do is provide a supportive environment to build your confidence in your strengths and to connect with people who can relate to and empathise with you. At I CAN, we are all in this together and we focus on what we 'CAN' do!

Here are some recent testimonials from mentees of our high school program:

"I CAN has given me so much confidence and self-esteem. It was like, 'Hey, you can do this. You are awesome for who you are.'"

"Being a part of I CAN has opened me to experiences and challenges I would not have had otherwise. I have also met many great people who I can share my passions with and who understand me in a way that others can't."

"What I get out of I CAN: opportunity to interact with people like me; strategies for some of my problems; get to know more about me and a better understanding of Autism for myself and others; explore different things; meet new people; I feel like I can be myself; have fun!"

"I've gained an appreciation of why I do certain things and I've also realised that I am not alone. There are so many people who can relate to my experiences, and when we share things each of us has been through, we can support each other."

Everyone feels a bit nervous about their first day at I CAN, even the mentors! The more we get to know each other, the more comfortable everyone feels.

We're excited that you are thinking of joining us!

You can view more of our I CAN mentee experiences on our YouTube channel: www.youtube.com/theicannetwork or via our website: <https://icannetwork.online>.